1. A flexure comprising:

a plurality of plies of composite material consolidated everywhere except at at least one predefined region where preselected adjacent plies are purposefully delaminated so they can move relative to each other when the flexure is bent.

2. The flexure of claim 1 in which the plies are grouped together in a number of consolidated layers except at the predefined region where there is no consolidation between adjacent layers.

3. The flexure of claim 1 in which there are a number of consolidated layers each including a plurality of plies except at the predefined region where there are less layers and no consolidation between adjacent layers.

4. The flexure of claim 1 in which the flexure is substantially longer than it is thick.

5. The flexure of claim 4 in which the flexure is substantially longer than it is wide.

6. The flexure of claim 5 in which the flexure is substantially longer than it is thick and substantially longer than it is wide.

7. The flexure of claim 1 in which the plies include axial carbon fibers embedded in a resin matrix.

8. A method of manufacturing a flexure, the method comprising:

forming a plurality of composite plies into a number of layers;

placing between two adjacent layers a non-impregnatable material at a predefined region therebetween which interrupts another layer disposed between the two adjacent layers;

applying heat and pressure to consolidate all the layers except at the predefined region; and

removing the non-impregnatable material.

9. The method of claim 8 in which the layers include plies of axial carbon fibers embedded in a resin matrix.

10. The method of claim 8 in which each layer is at least partially consolidated except the interrupted layer which is a prepreg.

11. The method of claim 8 in which the non-impregnatable material is a number of metallic shims.

12. A flexure comprising:

a number of plies of composite material consolidated everywhere except at at least one predefined region where preselected adjacent plies are purposefully delaminated so they can move relative to each other when the flexure is bent, the plies group together in a number of consolidated layers except at the predefined region where there is no consolidation between adjacent layers.

13. A flexure comprising:

a plurality of plies of composite material consolidated everywhere except at at least one predefined region where preselected adjacent plies are purposely delaminated so that they can move relative to each other when the flexure is bent, the flexure including a number of consolidated layers each including a plurality of plies except at the predefined region where there are less layers and no consolidation between adjacent layers.

14. A latch assembly comprising:

a tang; and

a clamp which receives the tang, the clamp including:

a base; and

at least two flexures extending from the base spaced from each other defining opposing jaws which, when flexed away from each other, accept the tang therebetween and which when released secure the tang in the clamp between the jaws.

15. The latch assembly of claim 14 in which each flexure includes a plurality of plies of composite material consolidated everywhere except at at least one predefined region where preselected adjacent plies are purposely delaminated so that they can move relative to each other when the flexure is bent.

16. The latch assembly of claim 14 in which each clamp jaw includes a number of flexures.

17. The latch assembly of claim 16 in which each clamp jaw includes an end cap secured to the terminal ends of the plurality of flexures.

18. The latch assembly of claim 16 in which each clamp jaw includes at least two spaced flexures.

19. The latch assembly of claim 18 in which each clamp jaw includes two sets

of spaced flexures.

20. The latch assembly of claim 17 in which each clamp jaw includes a bearing attached thereto.

21. The latch assembly of claim 14 further including a spreader assembly which urges the jaws apart.

22. The latch assembly of claim 14 in which the tang includes at least two spaced apart flexures.

23. A composite flexure.